

Setting Goals

Understanding your goals is one of the things that will help you to take the necessary action to work toward those goals. Imagine goals as being a target; without a target you have nothing to aim at. Below is an area for you to list your goals:

Goal #1

Why is this important?

Goal #2

Why is this important?

Goal #3

Why is this important?

What do you need to do to achieve your goals?

Goal #1

Goal #2

Goal #3

Name a few obstacles to achieving these goals:

Goal #1

Obstacle

How will you overcome it?

Goal #2

Obstacle

How will you overcome it?

Goal #3

Obstacle

How will you overcome it?

List a few changes/short-term goals that will start you off:

1.

2.

3.

4.

5.
